

Help WIC serve you. Choose lower price foods when you shop.

CHECKLIST FOR PURCHASING WIC FOODS

- Use your Michigan WIC Cardholder Training Brochure to help you shop.
- WIC foods cannot be purchased before the “starting date” or after midnight on the “expiration date”.
- Make sure the foods selected are WIC authorized and are grouped together for checkout.
- Contact customer service if you have any questions at 1-888-678-8914 or www.ebt.acs-inc.com.
- Manufacturers’ and cents-off coupons and any store promotion may be used with your Michigan WIC Bridge Card.
- You have the right to complain about improper vendor practices.

TO REPORT ANY
VENDOR OR CLIENT
PROGRAM ABUSE
CALL THIS
TOLL-FREE HOT LINE:
1-800-CALL-WIC

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Babies are born to breastfeed

MICHIGAN



FOOD CARD

Revised: November 3, 2008

Michigan Department
of Community Health
MDCH
Jennifer M. Granholm, Governor
Janet Olszewski, Director



Authority: P.A. 368 of 1978 • MDCH-0237 • Rev. 11/08
MDCH is an Equal Opportunity Employer, Services and Programs Provider.
330,000 printed at 0.071 cents each with a total cost of \$23,471.28.

MILK No organic allowed.

- Whole Milk
- Reduced Fat Milk (2%)
- Low Fat Milk (1% or 1/2%)
- Fat Free Milk (skim)
- Buttermilk

TYPES LISTED BELOW
ARE ALLOWED ONLY
IF LISTED ON THE
SHOPPING LIST

- Powdered (nonfat dry)
25.6 oz., 32 oz., or 64 oz.
- Evaporated
(whole, 2% or skim)
- Goat's Milk
- Lactose Free Milk
(whole, 2%, 1%, 1/2% skim)



NOT ALLOWED

- Flavored Milk (chocolate, strawberry)
- Evaporated Filled Milk
- Soy Milk
- Guernsey Milk
- Value Added Milk (Kid's Milk, Fit Milk)
- Vitamite
- Glass Bottles
- Unhomogenized

Did you know...

- Reduced/low fat milk (skim, 1/2%, 1%, and 2%) has the same healthy nutrients as whole milk, but with less fat and fewer calories.
- Milk, no matter the fat content, is an excellent source of calcium and other minerals, protein, B vitamins, and vitamins A & D.

EGGS — No organic allowed.



- Grade A or AA
- Small, Medium or Large
- White Only

NOT ALLOWED

- Extra Large and Jumbo Eggs
- Free Range, Cage Free, Low Cholesterol, OMEGA 3, or Pasteurized Eggs
- Eggland's Best, Gold Circle Farms or Good News Eggs

DRY PEAS, BEANS, LENTILS No organic allowed.



- 16 oz. package
- Any type

NOT ALLOWED

- Barzi Beans
- Packages with seasoning packets

PEANUT BUTTER — No organic allowed.



- 18 oz. Jar only
- Smooth, creamy, crunchy, extra crunchy

NOT ALLOWED

- Health Valley, Arrow Head Mills or Fifty50
- Peanut Butter mixed with jelly, marshmallow, honey or other flavoring
- Reduced fat peanut butter or peanut spread

REMEMBER:
Babies are born to breastfeed.



**FOR BREASTFEEDING WOMEN
(not receiving formula for an infant)**

CARROTS — No organic allowed.



- 1 pound fresh
- 14-20 oz. canned sliced in water

NOT ALLOWED

- Baby or fingerling carrots
- Frozen carrots

TUNA — No organic allowed.



- 5 oz. or 6 oz. canned chunk light

NOT ALLOWED

- Albacore tuna
- Low sodium tuna
- Foil Packs
- Lunch packs/kits of tuna
- Chunk white tuna
- Seasoned tuna

CEREAL • 11 OUNCE PACKAGE OR LARGER
COLD CEREALS These brands only. They have the iron you need.
No organic allowed.

Cereals with (*) provide 100% of daily folic acid.



Cheerios Plain or Multi Grain only*



Kix Plain only



Rice or Wheat*



Malt-O-Meal Mini Spooners, Frosted, Maple & Brown Sugar, Vanilla Cream, Strawberry Cream*



STORE BRAND CORN SQUARES/ BISCUITS/BITZ:
(Like Corn Chex)
America's Choice
Flavorite
Great Value
Kroger
Meijer
Our Family
Roundy's
Spartan



Special K Plain only*



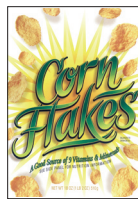
Bite Size or Big Bites Plain, Frosted only



Corn Flakes Plain only



Honey Roasted, Almonds, Cinnamon Clusters or Vanilla Clusters



STORE BRAND CORN FLAKES:
America's Choice
Flavorite
Great Value
IGA
Kroger
Meijer
Mornin' Gems
Our Family
Parade
Roundy's
Spartan



Banana Nut Crunch only



Bran Flakes



King Vitamin*



Hint of Brown Sugar and Cinnamon only*



Life Plain only*



STORE BRAND CRISP/CRISPY RICE:
America's Choice
Flavorite
Great Value
IGA*, Kroger*
Meijer
Mornin' Gems
Our Family
Parade
Roundy's
Spartan*

HOT CEREALS Cereals with (*) provide 100% of daily folic acid.



STORE BRANDS:
America's Choice
Great Value, IGA,
Flavorite, Kroger,
Meijer, Our Family,
Parade, Roundy's, Spartan
Instant (Regular flavor only)



14 oz., 28 oz. or 12 oz. individual packets, Original Flavor only, 18 oz whole grain



Original or Chocolate only*



Individual serving packets only, Any Flavor



Individual serving packets only, Instant (Regular flavor only)



Instant and Vermont Style Oatmeal only



You must have WIC clinic approval to buy Infant Cereal for a woman or child 12 months of age or over and have it listed on your shopping list.

46 OUNCES/UNSWEETENED 100% JUICES
Any of these juices with added calcium are allowed.
No organic juice allowed.



Any flavor plastic or can, no Harvest Surprise



Any type except V8 Splash, V8 V. Fusion, no plastic



Plastic or can



Purple or white only, plastic or can



Apple juice only



Any brand



Any brand or variety



Pineapple Juice only

FROZEN CONCENTRATE - 11.5 - 12 OZ.

Any of these juices with added calcium are allowed.



Any flavor with yellow peel strip 100% juice



Any brand or variety 100% juice



Any flavor Old Orchard with green peel strip 100% juice



Any brand 100% juice



Orange and orange blends 100% juice

NON-FROZEN CONCENTRATES - 11.5 OZ.

Any of these juices with added calcium are allowed.
Look in the canned juice aisle.



Any flavor with yellow band 100% juice



Any flavor 100% juice, no Harvest Surprise

INFANT JUICE — No organic allowed.



- Any brand or flavor
- Multi packs allowed
- 3.8 oz. - 4.0 oz. only

NOT ALLOWED
• Infant juice with yogurt
• Tender Harvest

CHEESE
8 OZ. or 16 OZ.
No organic allowed.

See message on your WIC shopping list for maximum cheese price.



- American
- Cheddar
- Colby
- Mozzarella (string, part skim, whole)
- Brick
- Colby Jack (Cojack)
- Monterey Jack
- Muenster
- Swiss

ALLOWED

- 8 oz. or 16 oz. package only
- American slices without individual wrapping
- U.S. made prepackaged cheese
- Low sodium and low fat cheese of any of the above cheeses

NOT ALLOWED

- Sliced cheese, except American
- Individual wrapped cheese slices or sticks
- Cheese foods, products, whips, spreads or velveeta
- Shredded, grated, cubed, crumbles, shapes or smoked cheese
- Variety wheels or variety packs
- Cracker Backers or Stackers
- Cheese with pimentos, pepper, seeds, meat, etc.
- Soy or Farmers cheese
- Cheese curds
- Raw milk cheese

INFANT FORMULA

No organic allowed.

You must buy only the exact type and size container of formula listed on your WIC shopping list.

Common WIC Formulas

Enfamil LIPIL with Iron



ProSobee LIPIL with Iron



LactoFree LIPIL with Iron



Enfamil A.R. LIPIL



Gentlease LIPIL



If your physician changes your formula, you must obtain WIC clinic approval and it must appear on your WIC shopping list.

INFANT CEREAL

No organic allowed.

- Beechnut, Del Monte, and Gerber dry infant cereal without fruit, formula or DHA/ARA. CHOOSE: Rice, Oatmeal, Barley, Mixed Grain
- 8 oz. box or carton only

